

# HONEST TO GOODNESS

ORGANIC FOOD & NATURAL FOOD

## RECOMMENDED RETAIL ORDER CEREALS, GRAINS & RICE

### CEREALS

Organic Oat Bran 750g
Organic Rolled-Flaked Quinoa 600g
Organic Wholegrain Rolled Oats 850g
Porridge Blend 850g
Organic 5 Grain Goodness 850g
Organic Apple & Cranberry Muesli 900g
Organic Fruit & Nut Muesli 900g
Sulphur-Free Fruit & Nut Muesli 900g



### GRAINS & RICE

Organic Tricolour Quinoa 500g
Organic White Quinoa 500g
Organic White Quinoa 1kg
Organic Brown Rice 650g
Organic Basmati Rice 650g
Organic Brown Basmati Rice 650g
Organic Jasmine Rice 650g



# RECOMMENDED RETAIL ORDER

## PANTRY STAPLES

### TOMATOES

Organic Whole Peeled Tomatoes 400g
Organic Cherry Tomatoes 400g
Organic Diced Tomatoes 400g
Organic Tomato Puree - Smooth Passata 690g
Organic Tomato Puree with Basil 690g
Organic Passata Rustica 680g
Organic Tomato Paste 210g



### TINNED BEANS & OILS

Organic Sunflower Oil High Oleic 500ml
Organic Extra Virgin Olive Oil 500ml
Organic Black Beans 400g
Organic Four Bean Mix 400g
Organic Chickpeas 400g
Organic Cannellini Beans 400g
Organic Red Kidney Beans 400g



### BEANS, PEAS & LENTILS

Organic Soup Mix 500g
Organic Channa Dal 500g
Organic Chickpeas 500g
Organic Green Split Peas 500g
Organic Red Split Lentils 500g
Organic Black Beluga Lentils 500g
Organic French Style Green Lentils 500g





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## PANTRY STAPLES

### COCONUT PRODUCTS

Organic Coconut Oil - Purified-Deodorised 1L
Organic Coconut Oil - Virgin 1L
Organic Coconut Oil - Purified-Deodorised 500ml
Organic Coconut Oil - Virgin 500ml
Organic Coconut Cream 400ml
Organic Coconut Milk 400ml
Organic Coconut Butter 385g



### BAKING INGREDIENTS

Organic Cacao Powder 750g
Organic Cacao Nibs 200g
Baking Powder - Gluten Free & Aluminium Free 300g
Organic Coconut Flakes 400g
Organic Coconut Shredded 650g
Organic Coconut Flakes 175g
Organic Coconut Desiccated Fine 175g



### NATURAL SWEETENERS

Organic Raw Honey 1kg
Organic Raw Honey 500g
Organic Maple Syrup 1L
Organic Maple Syrup 500ml
Organic Agave Syrup 250ml
Organic Coconut Syrup 500g
Organic Blackstrap Molasses 450g
Organic Brown Rice Syrup 500g
Organic Brown Rice Syrup 1kg



# RECOMMENDED RETAIL ORDER

## NUTS, SEEDS & TRAIL MIXES

### DRIED FRUIT

Organic Currants 200g
Organic Goji Berries 200g
Organic Cranberries 200g
Organic Natural Sultanas 200g
Organic Raisins 200g
Organic Raisins 500g
Organic Apricots 200g



### NUTS, SEEDS & TRAIL MIXES

Organic Oven Roasted Cashews 200g
Organic ABC Nut Mix 200g
Organic Cashews 200g
Organic Raw Almonds
Insecticide-Free Raw Almonds 200g
Tamari Roasted Almonds 200g
Organic Walnuts 200g
Organic Styrian Pumpkin Seeds 200g
Organic Raw Pepitas 200g
Organic Sunflower Seed Kernels 200g
Organic Black Chia Seeds 200g
Organic Pistachios Oven Roasted & Salted 175g
"Be Good" Organic Trail Mix 200g
Organic Brazil Nuts 200g





# RECOMMENDED RETAIL ORDER

## MILKS, SPREADS & CRACKERS

### MILKS

Organic Rice Milk Original 1L
Organic Rice Milk Calcium Enriched 1L
Organic Oat Milk 1L
Organic Soy Milk 1L
Organic Coco Quench 1L
Organic Activated Almond Milk Original 1L
Organic Activated Almond Milk Unsweetened 1L



### CRACKERS

Organic Corn Cake Thins 150g
Organic Corn Cake Thins - Linseed & Sesame 150g
Organic Rice Cakes 150g
Organic Rice Cake Thins with Quinoa 150g
Organic Brown Rice Crisps Black Sesame 100g
Organic Brown Rice Crisps Multigrain 100g



### SPREADS

Organic Black Tahini 375g
Organic Coconut Butter 385g
Organic Almond Spread 240g
Organic ABC Spread 240g
Organic Peanut Coconut Spread 375g
Organic Cacao Peanut Coconut Spread 375g
Organic Peanut Spread Smooth 375g
Organic Peanut Spread Crunchy 375g
Organic Tahini Hulled 385g
Organic Tahini Unhulled 385g
Tahini Hulled 385g
Tahini Unhulled 385g

